

Basic Report 06700, Soup, vegetable broth, ready to serve

Report Date: June 25, 2019 22:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 221g	1 can 390g	1 carton (32 oz) 926g
Proximates					
Water	g	98.05	216.69	382.39	907.94
Energy	kcal	5	11	20	46
Protein	g	0.24	0.53	0.94	2.22
Total lipid (fat)	g	0.07	0.15	0.27	0.65
Carbohydrate, by difference	g	0.93	2.06	3.63	8.61
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.55	1.22	2.15	5.09
Minerals					
Calcium, Ca	mg	3	7	12	28
Iron, Fe	mg	0.06	0.13	0.23	0.56
Magnesium, Mg	mg	1	2	4	9
Phosphorus, P	mg	3	7	12	28
Potassium, K	mg	19	42	74	176
Sodium, Na	mg	296	654	1154	2741
Zinc, Zn	mg	0.03	0.07	0.12	0.28
Vitamins					
Vitamin C, total ascorbic acid	mg	0.4	0.9	1.6	3.7
Thiamin	mg	0.023	0.051	0.090	0.213
Riboflavin	mg	0.022	0.049	0.086	0.204
Niacin	mg	0.110	0.243	0.429	1.019
Vitamin B-6	mg	0.007	0.015	0.027	0.065
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	12	27	47	111
Vitamin A, IU	IU	238	526	928	2204
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.7	1.5	2.7	6.5
Lipids					
Fatty acids, total saturated	g	0.028	0.062	0.109	0.259
Fatty acids, total monounsaturated	g	0.005	0.011	0.019	0.046
Fatty acids, total polyunsaturated	g	0.004	0.009	0.016	0.037
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0